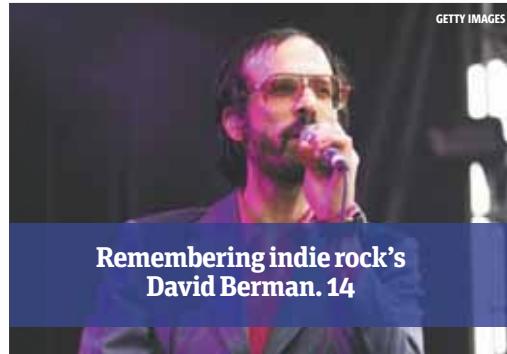


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MUSIC ICON

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A RIVER VIEW

Almost a year after floating digital billboards arrived off the shores of Manhattan, Gov. Cuomo on Tuesday banned the ads in state waters, labeling them a "nuisance" that "distract" from the city's beauty. 4



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Trump eyes tax cuts while denying US recession looms

President admitted Tuesday to looking at stimulus options but said U.S. still "No. 1."

Even as they reject talk of a looming recession, President Donald Trump and his advisers are examining ways to provide a boost to the U.S. economy should it be deemed necessary, officials said.

"We're very far from recession," Trump told reporters in the Oval Office, echoing a theme from him and his team that the fundamentals of the U.S. economy are strong.

But aware of how dangerous a recession could be to his re-election prospects in 2020, Trump has been looking at options for a stimulus behind the scenes.

Trump and his advisers have discussed the possibility of a payroll tax cut, which would give workers an immediate boost to spending but would add to U.S. deficit spending.

Trump said on Tuesday another option he is thinking about is indexing capital gains, which would provide a tax cut on profits from selling assets such as stocks, but that he was not talking about doing anything imminently.

The payroll tax cut option emerged from a meeting Trump had with his economic team on Monday. It was not



REUTERS

viewed seriously, given it would be hard to get through the U.S. Congress, an administration official said.

Millions of U.S. workers pay payroll taxes on their earnings to finance the Medicare health insurance program for the elderly and Social Security, which provides income payments for retirees.

Some conservatives, such as anti-tax crusader Grover Norquist, believe Trump has the regulatory authority to add an inflation adjustment to the calculation of capital gains taxes.

Such a step would likely be seen by Democrats as an attempt to circumvent the authority of the U.S. Congress and prompt a court fight.

"I'm not talking about doing anything at this moment, but indexing is something that a lot of people have liked for a long time. And it's something that would be very easy to do."

President Trump

Trump's senior economic adviser Larry Kudlow has been arguing behind the scenes that the United States should return to taxpayers the tariff money collected by higher tariffs on Chinese imports, an official said.

Republican Sen. Rick Scott of Florida has offered legislation on this point.

There has been no clarity on how such a move would be carried out since China does not pay tariffs directly to the U.S. Treasury. The tariffs are paid by American companies when Chinese products enter the United States.

Trade tensions with China have stoked concerns that the U.S. economy is heading for a downturn, which could dampen Trump's prospects for re-election in 2020.

Trump said he would not need the approval of Congress to link the tax on profits from asset sales, known as capital gains, to inflation. According to tax code experts, investors would pay far less capital gains tax under an inflation index.

"I'm not talking about doing anything at this moment, but indexing is something that a lot of people have liked for a long time. And it's something that would be very easy to do," he said. "It is something I am certainly thinking about." REUTERS

'James Bond No. 25' gets official title: 'No Time to Die'

2 The new James Bond film finally has a title — "No Time to Die" — and an April 2020 release date, producers announced on Tuesday. "Daniel Craig returns as James Bond, 007 in... NO TIME TO DIE. Out in the UK on 3 April 2020 and 8 April 2020 in the US," according to a post on the official 007 Twitter account. Filming for the new movie, previously known only as "Bond 25," got underway in

Jamaica in April, when producers announced that Oscar winner Rami Malek will play the villain in the latest entry in the lucrative British spy franchise. Craig confirmed in 2017 that he would return for a fifth time as 007. The Bond franchise is one of the movie world's most lucrative, with 2015's "Spectre" raking in \$880 million at the box office worldwide and "Skyfall" (2012) grossing \$1 billion globally. REUTERS

Walmart sues Tesla over solar panel fires at stores

3 Walmart Inc. sued Tesla Inc., saying solar panels supplied by the electric-car maker were responsible for fires at about seven of its stores, according to a lawsuit filed in a New York court on Tuesday. The fires destroyed significant amounts of store merchandise and required substantial repairs, totaling hundreds of thousands of dollars in out-of-pocket losses, Walmart said in the lawsuit. As of No-

vember 2018, no fewer than seven Walmart stores had experienced fires due to Tesla's solar systems, according to the lawsuit. "This is a breach of contract action arising from years of gross negligence and failure to live up to industry standards by Tesla with respect to solar panels that Tesla designed, installed and promised to maintain safely on the roofs of hundreds of Walmart stores," Walmart said in the court filing. REUTERS

Saudi Arabia lifts travel restrictions for Saudi women

4 Saudi Arabia has begun allowing adult women to travel without permission and to exercise more control over family matters, state news agency SPA reported on Tuesday, following a flurry of royal decrees approving the changes. Riyadh has long faced international criticism over the status of Saudi women. Rights groups say women are often treated as second-class citizens under rules requiring them to get the consent of a male

guardian for important decisions throughout their entire lives, regardless of age. The authorities have steadily chipped away at those restrictions in recent years, including ending a ban on women driving cars last year. The royal decrees also grant women for the first time the right to register child birth, marriage or divorce and to be issued official family documents and be eligible as a guardian to children who are minors. REUTERS



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One ad man intends to prevail despite Cuomo's state order.

 BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

On Tuesday New York Gov. Andrew Cuomo announced legislation banning floating billboards in state waters.

In a statement, Cuomo said, "These floating billboards are a nuisance that blight our shores and distract from the great natural beauty of our waterways."

He added, "This action will help make our waters more enjoyable and safer for everyone."

The bill, effective immediately, prohibits vessels from "operating, anchoring or mooring in the navigable waters of the state while operat-

Floating billboards banned in NY waters



GETTY IMAGES

A floating billboard on the Hudson River.

"These floating billboards are a nuisance that blight our shores and distract from the great natural beauty of our waterways."

New York Gov. Andrew Cuomo

ing a digital billboard or other type of billboard that uses flashing, intermittent or moving lights." The bill also gives local officials the ability to ban vessels equipped with billboards from operating within 1,500 feet of their city's shoreline.

CBS reported that violators of this new legislation will be charged \$1,000 for the first violation and \$5,000 for any additional violations.

"Billboards belong in Times Square, not in the middle of the Hudson and East rivers. These

floating billboards are a dangerous distraction to drivers, boaters and pedestrians, not to mention an eyesore," said Sen. Brad Hoylman, co-sponsor of the bill, which passed the state legislature in June, in a statement.

Assembly Member Richard N. Gottfried said, "Floating billboards are an unsightly public nuisance and public safety hazard. They can be distracting to boaters and mar the otherwise beautiful environment of our local waterways with un-

wanted advertisements."

Earlier this year, Mayor de Blasio's administration filed a lawsuit against the company well-known for the advertising, Ballyhoo Media. De Blasio claimed the floating billboards were a nuisance and also violated the city's zoning laws. According to Gothamist, an injunction was issued against the outdoor media company, and restrictions placed compelling Ballyhoo to operate within 1,500 feet of the shore. Ballyhoo countersued, claiming NYC river ferries that display wrap ads on their vessels were not prohibited from doing so, and that only the state could issue a ban. Ballyhoo continued to navigate its floating billboards around Manhattan.

This is not the first time Ballyhoo has been involved with government officials over their barge billboards. According to Curbed, their legality was also questioned in 2016, in Miami.

Ballyhoo Media debuted the floating billboards in New York in October 2018 — and said Tuesday they are intent on celebrating their one-year anniversary.

Responding to the legislation in The New York Times, Adam Shapiro, CEO of Ballyhoo Media, said he is disappointed but unfazed by the governor's decision, stating: "Our legal team believes these changes to the navigation law do not prohibit us from operating. Instead they offer clarity on what we can and cannot display with our platform. As such, Ballyhoo intends to continue providing an innovative platform that encourages creativity, collaboration, and community."

In January, a spokesman for Pivot Media, the agency Ballyhoo works with to place the ads, confirmed to Digiday that Ballyhoo receives about \$55,000 to run a 30-second spot in a 2-minute loop on the boats for four weeks at a time.

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Parents protest teen vape use at Juul NYC offices

Protesters rallied Tuesday morning in Manhattan to call for restrictions on e-cigarettes.

 **BECCA GLASSER-BAKER**
Rebecca.Glasser@metro.us

Dozens of protesters held a rally Tuesday morning in front of Juul's Manhattan offices to call them out for marketing toward young adults and hooking kids on their flavored tobacco.

Protesters want City Council to restrict the sale of flavored e-cigarettes, and are backing a bill sponsored by City Councilman Mark Levine.

Earlier this year, NYC students testified to Congress, saying that Juul representatives told students their products were safe even though they contain nicotine. A statement from Juul at the time read:

"The two student presentations we made were part of our short-lived Education and Youth Prevention Program which was ended in September 2018 after its purpose — to educate youth on the dangers of nicotine addiction — was clearly misconstrued. In



November, we launched our industry-leading plan to combat youth vaping ... and shut down our Facebook and Instagram accounts while working constantly to remove inappropriate social media content generated by others on those platforms. Finally, we continue to develop technologies to further restrict underage access."

Protesters were also met with activists during Tuesday's rally.

News of this comes days after the Centers for Disease Control and Prevention said it is investigating 94 possible



Electronic cigarettes and pods by Juul, the nation's largest maker of vaping products.

GETTY IMAGES

cases of lung illness associated with vaping, especially in teens and young adults. The cases are from 14 different states. The investigation is ongoing.

Last week, the New York Department of Health, which has reported 11 cases of the illness, joined New Jersey in issuing a health advisory against vaping. Reported symptoms in the illness cases include fatigue, shortness of breath, chest pain and vomiting.

In response to the protests, Juul released the fol-

lowing statement:

"JUUL Labs exists to help adult smokers switch off combustible cigarettes, which are the leading cause of preventable death and contribute to over 28,000 deaths per year in New York."

"We do not want or need new non-nicotine users. Our market is the over 1 billion adult smokers worldwide who should have the opportunity to switch to vapor products if they so desire."

"We have never marketed to youth, do not

sell flavors like cotton candy or bubble gum, and strongly advocated for Tobacco 21 legislation here in New York. In November 2018 we stopped selling non-tobacco and non-menthol-based flavors to traditional retail stores. . . ."

On Monday the New York Post reported Juul Labs Inc. has raised \$325 million to speed up its international expansion as it battles U.S. regulators.

Juul is 35 percent owned by Marlboro cigarette maker Altria Group Inc.

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Brooklyn Grange opens NYC's largest rooftop farm in Sunset Park

Company produces 80,000 pounds of veggies annually.

ALEXANDRA ALEXA /
6sqft
letters@metro.us

Brooklyn Grange has opened its third rooftop farm at the Liberty View building along the Sunset Park waterfront. The new facility is the largest rooftop farm in New York City, encompassing 140,000 square feet. In addition to a 55,000-square-foot garden, the space also features a 5,000-square-foot greenhouse with microgreen and hydroponic growing areas and a 6,000-square-foot indoor space that will host a range of community events throughout the year.

The new location is partly funded by a grant from the Department of



Sunset Park 3rd Avenue rooftop farm.

Environmental Protection, emphasizing the farm's role in providing critical ecosystem services such as reducing Combined Sewage Overflow and mitigating Urban Heat Island Effect. According to amNY, the location will be able to absorb 175,000 gallons of water during a storm.

Community events and education opportunities have been a hallmark

of Brooklyn Grange's mission, and the Sunset Park location will provide even more space for their popular programming initiatives which include dinners cooked with the farm's own ingredients, workshops, yoga and public open houses every Sunday during the growing season. Brooklyn Grange also partners with organizations like City Growers



BROOKLYN GRANGE IMAGES

— a nonprofit focused on bringing "environmental and food literacy" to K-12 students — to host events at their locations.

"Urbanites are increasingly alienated from nature, but also from their food production systems," says Anastasia Plakias, one of Brooklyn Grange's co-founders told amNY. "So much of it takes place behind closed doors and out

of sight. We really believe that we have a duty as urban farmers to share our knowledge with our city.

"We always knew from Day One that even if we grew tons of food — and we really do grow tons of food, it's like 80,000 pounds of vegetables a year — it's still just a drop in the bucket compared to what New York City eats," added Gwen Schantz, the

farm's other co-founder. "We knew that we could increase our impact by making our spaces available and accessible to local people through education, through tours, through open visitors days on Sundays."

Brooklyn Grange opened their 45,000-square-foot flagship in Long Island City in 2010, followed by a 65,000-square-foot rooftop farm at the Brooklyn Navy Yard in 2012. Combined, all three locations add up to 5.6 acres of urban agricultural space. So far they've been able to produce more than 80,000 pounds of organically-grown veggies a year across two locations, and the new Sunset Park outpost will only increase that number.

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A vendor takes a break in Manhattan's Central Park on a hot afternoon.

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NYC can limit art vendors in popular parks: Appeals court

After nine-year battle, city can cap "expressive matter."

New York City rules limiting the number of art and book vendors in four popular Manhattan parks are constitutional, a state appeals court ruled on Tuesday, overturning an injunction against the rules.

In a 5-0 decision, the appeals court rejected artists' contentions that the limits covering Central Park south of 86th Street, Battery Park, High Line Park and Union Square Park violated their free speech and equal protection rights under the state constitution, and amounted to illegal discrimination.

Lawyers for the artists did not immediately respond to requests for comment. A spokesman for the city's law department had no immediate comment.

The Appellate Division decision came nine years after litigation began over rules adopted by the city in July 2010 that capped the number of vendors of "expressive matter" such as paintings, photos, entertainment, newspapers and books.

These rules were



A man sits on a bridge inside Central Park in New York City. REUTERS

meant to combat congestion, enhance parks' beauty and allow New Yorkers to enjoy the parks for recreation.

Vendors in the restricted areas could sell on a first-come, first-served basis, with no more than 100 or 140 allowed in the restricted areas depending on the day, down from roughly 300 before the rules took effect.

In Tuesday's decision, Justice Barbara Kapnick called the rules "an appropriate response to demonstrated concerns" about the vendors, and said there was no proof the plaintiffs were denied equal protection.

"The record supports defendants' contention that there are many

more opportunities for expressive matter vending than food and souvenir vending in the designated city parks," Kapnick wrote.

Tuesday's decision set aside a 2017 injunction against enforcing the rules, and ordered that the lawsuit be dismissed.

In 2013, the federal appeals court in Manhattan rejected a challenge to the rules under the U.S. Constitution, whose free speech clause is narrower than the clause in New York's constitution.

The case is Dua et al v New York City Department of Parks and Recreation et al, New York State Supreme Court, Appellate Division, 1st Department, No. 8291.

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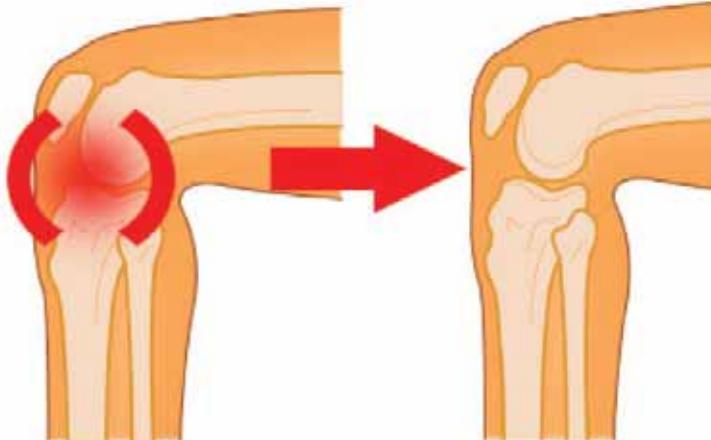
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

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This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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'Dozen' states to join Justice Department in probe of Big Tech

Group likely to review Google, Facebook, Amazon, Apple.

The U.S. Justice Department is working with a group of more than a dozen state attorneys general as it investigates the market power of major technology companies, the department's antitrust chief, Makan Delrahim, said on Tuesday.

Delrahim said at a tech conference the government is studying acquisitions by major tech companies that were previously approved as part of a broad antitrust review announced in July of major tech firms with significant market power.

"Those are some of the questions that are being raised ... whether those

were nascent competitors that may or may not have been wise to approve," Delrahim said. "Whether the intention of the incumbent was to purchase some of those competitors, I don't know. I'm not privy to the facts of each of those investigations."

On July 23, the Justice Department said it was opening a broad investigation into whether major digital technology firms engaged in anticompetitive practices, including concerns raised about "search, social media, and some retail services online."

That was an apparent reference to Alphabet Inc.'s Google, Amazon.com Inc. and Facebook Inc., and potentially Apple Inc.

More than a dozen states are expected to an-

ounce in the coming weeks they are launching a formal probe, a person briefed on the matter told Reuters.

"I think it's safe to say more than a dozen or so state attorneys general have expressed an interest in the subject matter," Delrahim said.

In July, eight state attorneys general met with U.S. Attorney General William Barr to discuss the effect of big tech companies on competition, and various antitrust actions.

The New York Attorney General's office said on Monday it is continuing to "engage in bipartisan conversations about the unchecked power of large tech companies." North Carolina's attorney general, Josh Stein, is also "participating in bipartisan



Makan Delrahim. REUTERS

"I think it's safe to say more than a dozen or so state attorneys general have expressed an interest in the subject matter."

Makan Delrahim, Assistant AG of the Justice Dept.'s Antitrust Division

conversations about this issue," his office said.

The department is looking not only at price effects, but also innovation and quality, and the next steps in its broad antitrust review would be seeking documents and other information and could

include some compulsory requests, Delrahim said.

After the July announcement the companies under investigation "immediately reached out to work with us in a cooperative manner to provide information that we need as far as the investigation,"

Delrahim added.

The Federal Trade Commission in June told Facebook it had opened an antitrust investigation. Last month, the FTC resolved a separate privacy probe into Facebook's practices after the company agreed to pay a \$5 billion penalty. REUTERS

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MEDIUM

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HARD

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	1	3		5	8		

READER WRITE-INS:

CARPE DIEM

Each morning I wake and hope this is the day, the day I don't get frustrated or annoyed, the day I don't boil over or melt down. The day I don't screw up.

Too many nights I'll go to bed feeling that I did screw up, that I did get annoyed — over nothing. That I failed to appreciate each day as a gift (even if, as Tony Soprano asked, "Does it have to be socks?").

That's why I want to live a long life. So when I really "go with the flow" (the ice floe), I'll float into eternity with the knowledge that I had more good days than bad, more peace than friction. That I left this world just a little bit better.

Anyway, there's always tomorrow ...

— Jerry, Metro New York reader





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Aries Make plans and get involved in events that interest you. A former acquaintance or certain memory will make you question your motives. Trust in yourself.



Taurus What you need and what you want may not coincide. Look at every aspect of a situation and make decisions based on your physical, emotional and financial capabilities.



Gemini Honesty is the best policy. A lifestyle change is in order. Deal openly with a loved one. Secrets will be revealed by someone you least expect. Build trust.



Cancer Get involved in something meaningful. Whether it's forming a partnership, or doing something that makes a difference will leave you feeling good.



Leo If you want something done, do it yourself. The feeling of accomplishment will be extremely satisfying. The only one you truly have to please is yourself.



Virgo A mental, physical or emotional journey will lead to a positive change. Pick up a new skill, socialize with people who share your concerns and do things your way.



Libra Handle the people close to you with care. The words you choose will affect the response you get. Positive change requires understanding and compromise.



Scorpio Follow through on your commitments to avoid backlash. The way you handle your responsibilities will affect the way people treat you. If you care about someone, make it known.



Sagittarius You'll be given choices. Some will be enticing, but will probably have strings attached, and others will be challenging but worthwhile. Be smart, practical and honest with yourself and others.



Capricorn Embrace change. Be the one to make things happen. Do your homework and forge ahead with optimism and a sound plan. A joint venture looks promising. Romance is encouraged.

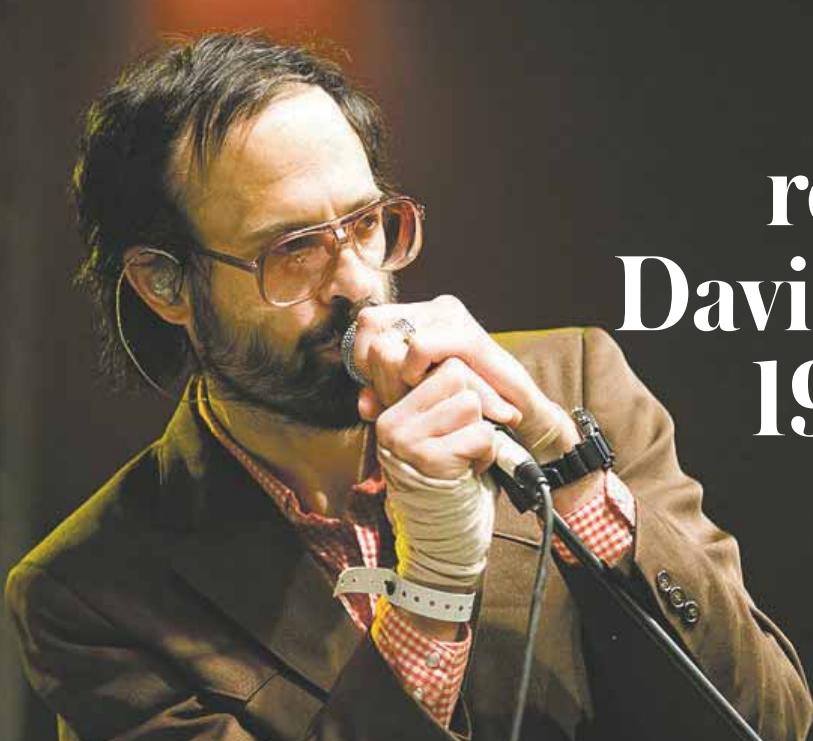


Aquarius Think matters through before you take action. Emotionally charged impulsiveness will lead to mistakes and regret. Stay focused on what's best for you. Keep the peace.



Pisces Don't ruin a good idea or plan by expanding too quickly. Sticking to a budget and growing a solid foundation are favored. A personal change looks inviting. EUGENIA LAST

LIFESTYLE



Metro remembers David Berman: 1967 - 2019

SILVER JEWS

The highly influential musician and poet of Silver Jews and Purple Mountains passed away this month.

JAMES CASE
letters@metro.us

David Berman, the poet laureate of American songwriting, was making his comeback. The wry observer of the ironies and beguiling nature of contemporary American life stopped releasing music in 2009, and retired his musical project, The Silver Jews, and a vacuum of literate, thoughtful, funny songwriting was created. This void was filled by many, mostly transparent, imitators.

But now, it's 2019. Strange things have been happening in many facets of politics and culture. But among these events, there had been tidings. Among them was that Berman announced that he would be returning to music with a new moniker — Purple Mountains — and releasing an eponymous record in late July. A tour was to follow in early August.

We reached out to his label and interviewed Berman regarding the tour, the new album and his approach to art and experiences in life. An article was planned for the following week. In the time between the inter-

view and publication, on Aug 7, Berman sadly took his own life.

How do you first feel when interacting with new people?

My friend Dan and I joke that when we're exiting an airplane and the crew is standing there at the end of the aisle offering a "have a nice stay," "thank you for flying with us" to each disembarking passenger that they look away or get busy doing something in the galley when we reach the exit. I want to be likable, but I feel I give off a bad vibe that makes others not trust me.

To me, the overall vibe on "Purple Mountains" has a more overall honky-tonk feeling and breezier Nashville tone to it than some of the previous records. I remember reading an old interview with you where you said you didn't like the idea of having to sit down and pay attention to every line of a record the first time you heard it. Did you feel like this album was a progression from the MFA-centric lyrics before?

I think that's definitely true. There's less listener manipulation, less surreal furniture, few if any non sequiturs, less ornamentation, little misdirection. It's all part of my desire to be liked and trusted when traveling out of the house.

I've read that you scrapped a handful of projects with different producers during the interval since "Lookout Mountain, Lookout Sea." Do you find a feeling of freedom or growth when you ultimately discard works you may have initially found compelling?

It's hard to do. Being finished is an amazing feeling. Being close to finished is exciting. Scrapping everything is always unpopular with the people I'm working with. Financially, it's a nightmare. It would be so easy to submit that work and so hard to start again. No one believes you when you make your case. More people should do it, though.

The last two Silver Jews records were self-produced, and I understand the recording for the Purple Mountains record went relatively quickly. How did you come to reach out to Woods for production?

I think asking an artist who produces themselves and has a sound you think would fit your songs is the best way to go. There are no professional producers who are going to get what I do like another artist does. Mark Nevers could. But he's the only producer I've ever met who likes my "body of work" and thinks I'm a singer.

I spoke with a painter

recently who said an artist from their 20s and 30s is ultimately finding the themes, limits and ground of their work. Everything from their 30s onward is ultimately perfecting and working within the confines of those worlds they establish when they're younger. I've read a lot about your thoughts and criticism on the output of famous or popular artists after their 30s, which I wholly agree with. Did working on this new record feel like an attempt to prove that you were able to overcome that perceived wall?

I tried. It was my goal. I've been disappointed by older artists from since I was a teen. By X after "More Fun in the New World," The Meat Puppets after "Up On The Sun," R.E.M. after "Fables..." Echo and the Bunnymen after "Ocean Rain," Dinosaur Jr. after "Bug," Sonic Youth after "Daydream Nation," New Order after "Low-Life," Butthole Surfers after "Hairway to Steven." I'm aware that people will add Silver Jews after "American Water." "Tanglewood Numbers" must seem as silly and bloated as I regard "Goo" or "Green."

I've read that Tom Waits likes to make his songs with sad lyrics play upbeat and his songs with positive lyrics play downbeat. I noticed the same juxtaposition with the lyrics and tempo on "All

My Happiness Is Gone" — does structuring a song like that, with contradictions make it easier to be more candid?

That's plausible. I like that theory. It seems analogous to writing television with likable anti-heroes.

How has personal finance affected your approach to art?

I'm amazed that I've gotten this far without declaring bankruptcy. The first tour I did to get out of debt. This tour I would do, even if I was debt-free. I look forward to it. But because I am paying interest on 50k of credit card debt, and because Drag City has spent 50k on the record of its own money. If everything goes as planned touring-wise. It looks like we're both going to get back to zero by Xmas.

I've read you feel that younger generations have an easier time finding rhymes, partially thanks to their generations mass exposure to hip-hop. Do you conversely sense any generational advantages you have being Generation X?

You're right about the rhyming. I'm very envious of the average kids ability to rhyme! Generation X has no illusions about the baby boomers. Often you find yourself watching with amazement as a giant population of knavish elders shamelessly

rook their children and grandchildren to their financial advantage. And there is a feeling that we were lucky to see all the hippy masks come off in the eighties before the kindly social elders masks were glued on in the '90s.

"Like Like the the the Death" has long been my favorite song of yours. Until recently, I always thought the line was "Do you believe in MDMA?" not "Do you believe in MGM endings?" and it kind of stunned me that a song I had whiffed understanding a line in a song I had listened to so many times. Do you have any songs that you misheard the lyrics initially and didn't realize it until much later? Have you ever found yourself writing being pleased by something made on accident?

For pleasant accidents, "Nights That Won't Happen," came out of mishearing "Knight In White Satin" — the term for these errors is mondegreens. "Purple Mountains" itself is a mondegreen. The lyric in America the Beautiful is "for purple mountain majesties" 95% of Americans sing "for purple mountain's majesty." It's our unofficial national anthem and nearly all of us has the second line of the song burned incorrectly into our brains!

Love is a battlefield

"Girls Gotta Eat" podcast hosts Rayna Greenberg and Ashley Hesseltine talk dating, honesty and not holding back.

MOLLY GIVEN
Molly.Given@metro.us

Dating, break-ups, falling out of love, getting rejected, being ghosted — all of this happens, and fairly regularly. What doesn't happen regularly is an open and honest conversation about it. That's what "Girls Gotta Eat" podcast hosts Rayna Greenberg (RG) and Ashley Hesseltine (AH) are here to change, and with 1.5 million downloads a month and 90,000 followers under their belt, both talented ladies are achieving just that. Both Greenberg and Hesseltine sat down with Metro to talk about their hilarious and real podcast, their favorite guests they've

had on, and what they hope audiences get out of the openness of their own lives.

What brought you two together to get "Girls Gotta Eat" started?

AH: Rayna and I met on a press trip in Aruba. We had a candlelit dinner on the beach and became immediate friends. Then, when we came back to New York, we started talking and sharing our own adventures, nightmares and everything else. I had this idea to do a podcast about dating and relationships and I wanted to do it with another powerful woman — somebody who had a flexible schedule was ideal and I just thought Rayna was really funny. So I asked her if she wanted to do it, she said yes, and the rest is history. We started it in February 2018 and we had only been friends for a few months, so we kind of bonded immediately and began to build the rest of our lives together.



"Girls Gotta Eat" hosts Rayna Greenberg and Ashley Hesseltine. GETTY

With so many podcasts out there nowadays, what has made "Girls Gotta Eat" so successful?

RG: A number of reasons. We're super open and honest about our own lives, so I think people think that they really know us and have a lot of information on us — hopefully that creates a really dedicated audience. I think that on top of the comedy, the show is really diverse as well. We switch up all of the topics

and guests every single week and we try to make it as dynamic as any person is, so it's not just always serious relationship topics or silly sex topics. We try to always focus on what people want to hear, week to week.

This must be cathartic for both of you since you get to be so open about personal experiences.

AH: Yes, a million times yes. We feel so lucky that we can take the bad stuff

that happens or the negative experiences that a lot of people would have to internalize or get sad over, and we get to talk about it and make jokes about it. We get to turn it not only into comedy but into a learning experience for listeners. There is no experience that can be more cathartic. We just feel so lucky that every time one of us gets rejected, or something crazy happens or a breakup, we just think, well, at least we have content. I hate to use the word "blessing," but this is a blessing.

Now jumping to some of the guests you've had on, who have been your favorite or most memorable on the show?

RG: I really like people that can be funny but who can also bring a really hot take on whatever we are talking about and offer a different perspective. And obviously, anybody that can be really

open. We've had Mark Manson on, who is one of my favorite authors, and he talked about dating from a man's point of view and I thought that he was really able to give sound advice and also be super funny.

Are there any dating trends that surprise you nowadays?

AH: I don't think anything could surprise us at this point, we've heard it all. I think that now there are just all of these cute little names for all of the terrible things that people do — ghosting, helicoptering, bread-crumbing, haunting — all these terms are super clickable but they are nothing new. It's stuff people have been doing forever. But, you know, it's rough out there.

For more information on "Girls Gotta Eat" and to view their North American tour dates, visit girlsgottaeatpodcast.com.

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Stage of dreams

Music icon Lenny Kravitz talks latest album, tour and how dreams connect him with his music.



MOLLY GIVEN
Molly.Given@metro.us

one of the 100 Greatest Artists of Hard Rock just to name a few. How did Kravitz achieve such a status? With one-of-a-kind music that he handcrafts with care, and ironically appears to him in his own dreams — which rings true for his latest album "Raise Vibration."

That's never happened to me before, where I've dreamt an entire album. But that to me is the best creation, when you are completely removed from it—any ideas, pre-conceptions, or whatever you thought you wanted to do and it's just handed to you. I think that's so beautiful. That is really inspiring to me."

Kravitz has always been intricately involved with all of his music and albums. What sets the icon apart however, is the fact that he not only writes and sings the songs on his albums, but also plays most of the instruments as well.

"As far as recording, my process has pretty much been the same from the beginning. I either play all of the instruments on a song, or I play most of the instruments on a song, depending on what that is," says Kravitz. "It's the way

Rock icon Lenny Kravitz has always possessed a timeless charisma both in the recording studio and when performing onstage. The 55-year-old hit the music scene in the '80s, with his debut album "Let Love Rule," and since then has accomplished feats in the music world of the magnitude most musicians only ever dream — such as producing music for Madonna and Aerosmith, breaking the record for most wins in the Grammys Best Male Rock Vocal Performance category, and being dubbed



"This album was given to me in dreams," says Kravitz. "I always dream music, but this is the first album that was dreamt completely."



Lenny Kravitz is on tour now. **ALL PHOTOS GETTY**

that I like to work. To me it's like painting—I have all of my colors in the studio which are my instruments and different kinds of equipment. I'm pretty much in there doing my thing, which is layering instruments and painting, and coloring and sculpting until I've achieved what I heard in the dream. I love music and I love every kind of music, and I love blending music. So I had an idea as to where I thought I wanted to go."

Kravitz likes to be connected as a performer with himself and his simultaneous existence in life, which makes his catalog highly personal. "It's a matter of putting the right expression out at the right time. I like to reflect where I was in this world at that moment— which is always what I want to do," says Kravitz. "I don't want to work or force an expression out, I want it to come to me. So that's what I did. It's a beautiful experience, it always is. I still have the same excitement that I had when I was in high school making music. Nothing has changed which is still really beautiful for me."

The connection is

“To me it’s like painting--I have all of my colors in the studio which are my instruments and different kinds of equipment. I’m pretty much in there doing my thing, which is layering instruments and painting, and coloring and sculpting until I’ve achieved what I heard in the dream”

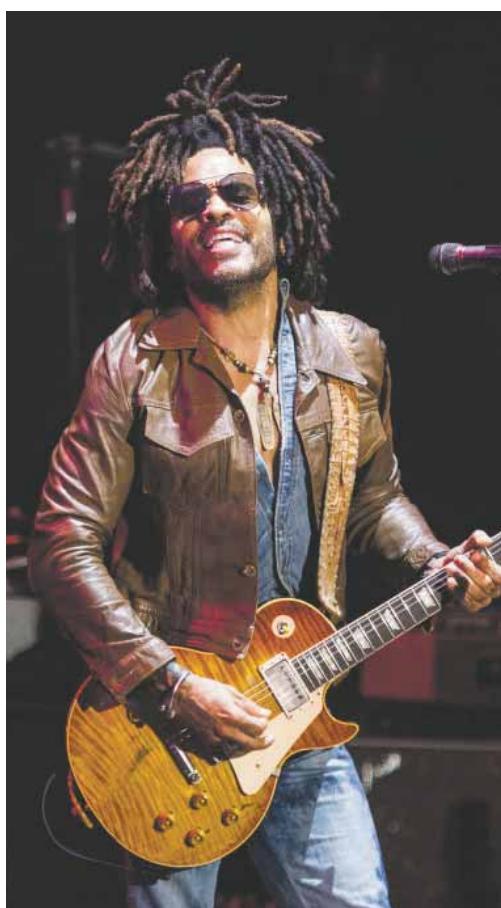
Lenny Kravitz

not just for his own sake, however. Kravitz also pours his heart and soul into his music as a labor of love for others. With his "Raise Vibration" tour kicking off this month, Kravitz is still most excited to experience a real human moment with audiences instead of just hearing the cheers and praise he rightfully deserves.

"The reason I do this is for the connection. Making the music in the studio is everything to me, that's where I'm the most comfortable. I could stay in the studio and record for the rest of my life. But there is

that support my art and enjoy my music, that music is now part of their life," says Kravitz. "When people tell me my music helped them get through something, that's a real blessing. They are there to hear these songs and re-live these moments from their past in the present. What I want to make sure happens every night is that we make a connection— all of us, together, where we all are riding the same wave. That's the satisfaction that I get. It's not a 'show,' it's a human experience and it's a human exchange and that's what it's about."

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Looking for bullpen depth, the Yankees signed former Cardinals closer Trevor Rosenthal.

 JOE PANTORNO
joseph.pantorno@metro.us

The Yankees continued adding to their hodgepodge of arms this summer, signing veteran reliever Trevor Rosenthal to a minor-league deal on Tuesday morning.

The 29-year-old has already spent portions of the 2019 season with the Washington Nationals and Detroit Tigers, though both have been disastrous stints.

In a combined 22 appearances, Rosenthal has a 13.50 ERA with 26 walks and just 17 strikeouts in 15.1 innings of work.

It's a swift fall from grace for the former All-Star, who was one of the game's promising reliev-

Yankees sign former All-Star closer Trevor Rosenthal



The Yankees brought in Trevor Rosenthal on a minor-league deal on Tuesday. GETTY IMAGES

ers throughout the first four years of his MLB career.

From 2012 to 2015, the righty had a 2.66 ERA and 96 saves in 237 innings. He was a strikeout machine as well with 303

punchouts during that span.

Rosenthal lost his closer's role in 2016 as control issues played a large part in his ERA swelling to an uncharacteristic 4.46 — at the time a career-worst.

Things only got worse when he blew out his elbow in August of 2017, an injury that required Tommy John surgery and held him out the entire 2018 season.

Taking a flier on Rosen-

thal provides a low-risk, high-reward opportunity for the Yankees as they look to bolster their pitching staff down the stretch.

With a comfortable lead in the American League East, the Bronx

Bombers can afford to give him a brief tryout to try and work his way into the bullpen.

If he can rediscover his early-career form, he'd quickly become a valuable asset.

The Yankees' starting rotation is still a major concern with October just around the corner which means their stellar bullpen is going to be taxed from here on out.

A contributing Rosenthal would be able to eat innings while ensuring the likes of Adam Ottavino, Zach Britton, Aroldis Chapman, and Tommy Kahnle get some rest down the stretch.

The Yankees recently brought in Ryan Dull and David Hernandez to provide more options for manager Aaron Boone as well.

New York's bullpen has thrown a combined 503 innings this season (prior to Tuesday night's game), which ranks seventh-most in Major League Baseball.

Is this Josh Ho-Sang's last shot with the Islanders?

The New York Islanders still have not made any impactful signings from outside the organization to boost their questionable offense.

But they did secure a pair of youngsters for at least another year.

The Islanders announced on Monday that they re-signed forwards Josh Ho-Sang to a one-year deal and Michael Dal Colle to a two-year contract. The pair of 23-year-olds have experienced limited time in the NHL. However, Dal Colle saw more ice time with the big club last year than Ho-Sang; a stat that would have surprised many a few years ago.

Head coach Barry Trotz utilized Dal Colle as a third-line winger when injuries hit the roster — whether that was in the form of Leo Komarov, Andrew Ladd, or Cal Clutterbuck. He recorded seven points in 28 games.



Josh Ho-Sang received a one-year contract on Monday evening. Is this his last stand? GETTY IMAGES

Ho-Sang, whose talent and ceiling is still considered much higher than Dal Colle's, continues to have difficulties breaking into the squad full-time.

Since being drafted by the Islanders 2014,

Ho-Sang has had a short leash with the team as maturity issues seemed to plague him.

He's appeared in just 53 games since the 2016-17 season — 10 last year — despite possessing a skill set that is similar

to Islanders star center Mathew Barzal's.

Whether it was coincidence or not, the Islanders won nine of the 10 games in which Ho-Sang was in the lineup even though he recorded just one goal and one assist.

Still, the Toronto native showed an affinity to play in Trotz's system. He did the right things while off the puck and back checked in a defensive system.

While it's been said

almost every year since he's been drafted, 2019-20 could be the season that Ho-Sang sticks in the NHL.

The Islanders could be relying on their youngsters like Ho-Sang, Kieffer Bellows, and Oliver Wahlstrom to supply a boost to the top two scoring lines.

It's a gamble for a team that appeared in the Eastern Conference semifinals last year. But it provides a reason as to why general manager Lou Lamoriello was hesitant to make any big trades for scoring help down the stretch.

Ho-Sang remains an enigma, however. And signing him to a one-year deal suggests that this could be his last chance with the Islanders.

Expect to see him afforded every opportunity to stick over the next few months unless Lamoriello pulls off a blockbuster or two in the coming weeks.

JOE PANTORNO



Goose Gossage isn't happy about all these home runs. GETTY IMAGES

EX-YANKEE GOSSAGE IS RIGHT: HOME RUN-HAPPY MLB IS 'UNWATCHABLE'

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PERCH

**JOE
PANTORNO**



Former New York Yankees reliever Goose Gossage's reputation has taken a bit of a nosedive over the past few years.

The Baseball Hall of Famer has become the game's grumpy grandpa as the 68-year-old continues to throw out his curmudgeonly opinions that scream "get off my lawn" more than anything.

Among them was this

gem back in 2016 when he addressed the prevalence of analytics and advanced stats within the game:

"The game is becoming a freaking joke because of the nerds who are running it. I'll tell you what has happened, these guys played Rotisserie baseball at Harvard or wherever the f— they went and they thought they figured the f—ing game out. They don't know s—."

He also called Major League Baseball's rules committee a bunch of "f—ing nerds" because they outlawed base-runners barreling over catchers or taking out the fielder covering second base on a double play.

He's an angry guy. I get it.

I hear that happens when you get older and society changes. Hell, I'm 27 years old and can't stand the whole hipster thing.

On Monday, however, Gossage emerged from his cave and fired off a take that I agreed with.

Is this concerning?

Possibly.

But something rang true deep within my cerebellum when Gossage called baseball "unwatchable."

It's not because of the pace-of-play issue that commissioner Rob Manfred likes to shove down our throats, either.

"I can't watch these games anymore," Gossage said (h/t USA Today). "It's not baseball. It's unwatchable. A lot of strategy of the game, the beauty of the game, it's all gone. It's like a video game now. It's home run derby with their f—ing launch angle every night."

He's right.

Baseball has become a game predicated on the long ball to the point where professional hitting has become something of an urban legend.

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likes of the Mets' Jeff McNeil, DJ LeMahieu of the Yankees and Michael Brantley of the Astros as unicorns. These are high-average guys who simply "hit them where

inkling of true power.

You can thank these new, loaded baseballs for that.

How is that entertaining?

Baseball is becoming a game of two outcomes: the strikeout or the home run.

In a normal MLB season, a total of 4,860 games are played amongst the 30 teams, minus the Wild Card Games.

This season, before Tuesday's slate of games, there have been 3,732 of those games played so far.

That left 1,128 games to be played before the regular season wraps up.

This season already ranks ninth in MLB history with 5,249 home runs hit. The average of 1.41 round-trippers per game is 0.15 home runs higher than the previous record set in 2017.

While it doesn't seem like a big difference, a

0.15 disparity separates the next 18 highest seasons.

The same goes for strikeouts, which continues to rise at an alarming pace.

Major League Baseball has seen every season since 2008 set a new strikeout record, beginning with 6.77 per game 11 years ago to a whopping 8.73 per game in 2019.

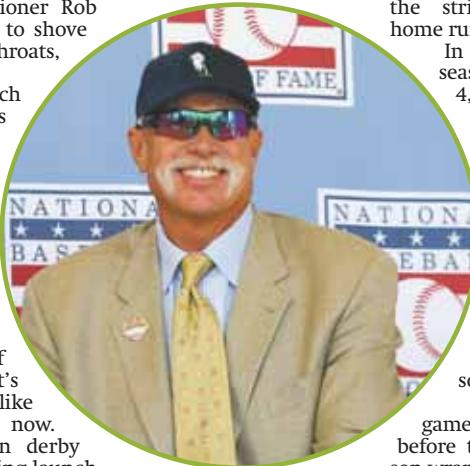
There have been over 32,500 strikeouts this season alone and it's fueled by players tweaking their swings in an attempt to hit home runs rather than put the ball in play.

It's all about exit velocity and launch angle rather than hitting the ball to the right side to move a runner from second to third.

I get it. In today's baseball, teams that hit more home runs are better.

The Dodgers, Astros, Yankees and Twins are all near the top of the standings thanks to the long ball.

It's just not fun, at least for this suddenly grumpy writer.



they ain't," rather than try to crush each pitch to the next county.

That's the thing, though, guys like McNeil and LeMahieu are flirting with 20-home-run seasons when they've never shown an

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SUPREME COURT OF
THE STATE OF NEW YORK
COUNTY OF KINGS

Index No. 53249-2019 Date Summons Filed: June 27, 2019. Celso R. Mendez, III, Plaintiff, against - Lili He, Defendant. SUMMONS WITH NOTICE. This action is brought in the County of Kings because said County is the County where the Plaintiff resides. ACTION FOR A DIVORCE. To the above named Defendant: YOU ARE HEREBY SUMMONED AND REQUIRED TO RESPOND TO THIS SUMMONS and to the requests for relief made by Plaintiff by serving a written Notice of Appearance on Plaintiff's attorney, at the address stated below. If this Summons with Notice was served upon you within the State of New York by personal delivery, you must respond WITHIN 20 DAYS after service, exclusive of the day of service. If this Summons with Notice was not personally delivered to you within the State of New York you must respond WITHIN 30 DAYS after service is complete in accordance with the requirements of the Civil Practice Law and Rules. THE NATURE OF THIS ACTION IS TO OBTAIN A JUDGMENT OF DIVORCE, DISSOLVING THE MARRIAGE RELATIONSHIP BETWEEN PLAINTIFF AND DEFENDANT. THIS ACTION FOR DIVORCE IS BASED UPON THE FOLLOWING GROUNDS OR GROUNDS: The relationship between Plaintiff and Defendant has broken down irretrievably for a period of at least six months, pursuant to DRL Section 170(7). THE RELIEF SOUGHT BY THE PLAINTIFF IN THIS ACTION IS A JUDGMENT DIVORCING THE PARTIES AND DISSOLVING THE MARITAL RELATIONSHIP WHICH HAS HERETOFORE EXISTED. PLAINTIFF ALSO REQUESTS THAT SUCH JUDGMENT GRANT THE FOLLOWING ITEMS OF ADDITIONAL AND ANCILLARY RELIEF: Awarding Plaintiff exclusive use and occupancy of the marital residence; Awarding Plaintiff exclusive use and occupancy of the contents of the marital residence; Awarding Plaintiff equitable distribution of marital property, including a distributive award to Plaintiff if required or appropriate to effect such equitable distribution; Declaring Plaintiff's separate property; Granting each party the right to resume the use of any maiden name or other pre-marriage surname; Awarding Plaintiff such other and further relief as to the court may seem just and proper, together with the costs and disbursements of this action. Notice: under DRL Section 255, effective October 9, 2009, notice is hereby given that once the judgment of divorce is signed, a party hereto may or may not be eligible to be covered under the other party's health insurance plan, depending on terms of plan. NOTICE OF ENTRY OF AUTOMATIC ORDERS (DRL 236) Rev. 1/13 FAILURE TO COMPLY WITH THESE ORDERS MAY BE DEEMED A CONTEMPT OF COURT. Pursuant to the Uniform Rules of the Trial Courts and DRL Section 236, Part B, section 2, the parties are bound by the following AUTOMATIC ORDERS, which have been entered against you and your spouse in your divorce action pursuant to 22 NYRR §202.16(a), and which shall remain in full force and effect during the pendency of the action unless terminated, modified or amended by further order of the court or upon written agreement between the parties: (1) ORDERED: Neither party shall transfer, encumber, assign, remove, withdraw, or in any way dispose of, without the consent of the other party in writing, or by order of the court, any property (including but not limited to real estate, personal property, cash accounts, stocks, mutual funds, bank accounts, cars and boats) individually or jointly held by the parties, except in the usual course of business, for customary and usual household expenses or for reasonable attorney's fees in connection with this action. (2) ORDERED: Neither party shall transfer, encumber, assign, remove, withdraw, or in any way dispose of any tax deferred funds, stocks, or other assets held in any individual retirement accounts, 401K accounts, profit sharing plans, Keogh accounts, or any other pension or retirement account, and the parties shall further refrain from applying for or requesting the payment of retirement benefits or annuity payments of any kind, without the consent of the other party in writing, or upon further order of the court; except that any party who is already in pay status may continue to receive such payments thereunder. (3) ORDERED: Neither party shall incur unreasonable debts hereafter, including but not limited to further borrowing against any credit line secured by the family residence, further encumbering any assets, or unreasonably using credit cards or cash advances against credit cards, except in the usual course of business or for customary or usual household expenses, or for reasonable attorney's fees in connection with this action. (4) ORDERED: Neither party shall cause the other party or the children of the marriage to be removed from any existing medical, hospital, and dental insurance coverage, and each party shall maintain the existing medical, hospital, and dental insurance coverage in full force and effect. (5) ORDERED: Neither party shall change the beneficiaries of any existing life insurance policies and each party shall maintain the existing life insurance, automobile insurance, homeowners, and renters insurance policies in full force and effect. IMPORTANT: After service of the Summons with Notice or Summons and Complaint for divorce, if you or your spouse wished to modify or dissolve the automatic orders, you must ask the court for approval to do so or enter into a written modification agreement with your spouse duly signed and acknowledged before a notary public. Notice of Guideline Maintenance for Uncontested Divorce. If your divorce was commenced on or after January 25, 2016, this Notice is required to be given to you by the Supreme Court of the county where your divorce was filed to comply with the Maintenance Guidelines Law (§. 5678A, 7645), Chapter 269, Laws of 2015 because you may not have counsel in this action to advise you. It does not mean that your spouse (the person you are married to) is seeking or offering an award of "Maintenance" in this action. "Maintenance" means the amount to be paid to the other spouse for support after the divorce is final. You are hereby given notice that under the Maintenance Guidelines Law (Chapter 269, Laws of 2015), there is an obligation to award the guideline amount of maintenance on income up to \$184,000 to be paid by the party with the higher income (the maintenance payor) to the party with the lower income (the maintenance payee) according to a formula, unless the parties agree otherwise or waive this right. Depending on the incomes of the parties, the obligation might fall on either the Plaintiff or Defendant in the action. There are two formulas to determine the amount of the obligation. If you and your spouse have no children, the higher formula will apply. If there are children of the marriage, the lower formula will apply, but only if the maintenance payor is paying child support to the other spouse who has the children as the custodial parent. Otherwise the higher formula will apply. Lower Formula-1: Multiply Maintenance Payor's Income by 20%, 2- Multiply Maintenance Payee's Income by 25% - Subtract Line 2 from Line 1: = Result 1. Subtract Maintenance Payee's Income from 40% of Combined Income* = Result 2. Enter the lower of Result 2 or Result 1, but if less than or equal to zero, enter zero. THIS IS THE CALCULATED GUIDELINE AMOUNT OF MAINTENANCE WITH THE LOWER FORMULA. Higher Formula- 1 - Multiply Maintenance Payor's Income by 30%, 2- Multiply Maintenance Payee's Income by 20% - Subtract Line 2 from Line 1 = Result 1. Subtract Maintenance Payee's Income from 40% of Combined Income* = Result 2. Enter the lower of Result 2 or Result 1, but if less than or equal to zero, enter zero. THIS IS THE CALCULATED GUIDELINE AMOUNT OF MAINTENANCE WITH THE HIGHER FORMULA. *Combined Income equals Maintenance Payor's Income up to \$184,000 plus Maintenance Payee's Income. Note: The Court will determine how long maintenance will be paid in accordance with the statute. IN THE EVENT THAT YOU FAIL TO APPEAR OR ANSWER, JUDGMENT WILL BE TAKEN AGAINST YOU, by default, for the relief demanded in this Summons with Notice. The relief sought is a judgment of absolute divorce in favor of the Plaintiff dissolving the marriage between the parties in this action. Marital property to be distributed pursuant to separation agreement/stipulation; I am not seeking maintenance as the payee spouse, as described in the Notice of Guideline Maintenance (the "Notice"), other than what was already agreed to in a written agreement/stipulation; AND any other relief the court deems fit and proper. IN THE EVENT THAT YOU FAIL TO APPEAR OR ANSWER, JUDGMENT WILL BE TAKEN AGAINST YOU, by default, for the relief demanded in this Summons with Notice. The relief sought is a judgment of absolute divorce in favor of the Plaintiff dissolving the marriage between the parties in this action; Marital property to be distributed pursuant to separation agreement/stipulation; I am not seeking maintenance as the payee spouse, as described in the Notice of Guideline Maintenance, other than what was already agreed to in a written agreement/stipulation; AND any other relief the court deems fit and proper.

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NOTICE OF FORMATION
of PolyMATEr LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 07/29/2016. Office location: NY County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PolyMATEr LLC, 1025 Fifth Ave., New York, NY 10028. Purpose: On-line social network for ethical non-monogay for gay men.

NOTICE IS HEREBY GIVEN that a license, Number 1320020, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 80-14 Roosevelt Ave., Jackson Heights, NY 11372. Queens County, for on premises consumption. Santa Barbara Service Ltd. d/b/a Mama's Pizza & Café

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 3502 Ditmars Blvd., Astoria, NY 11105. Queens County, for on premises consumption. Leo Bruno Restaurant Inc. d/b/a Rosato.

NOTICE IS HEREBY GIVEN that a license, Number 1320225, for Beer, Wine & Cider has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-06 Greepoint Ave., Sunnyside, NY 11104. Queens County, for on premises consumption. Peru Restaurant Inc. d/b/a Don Pollo

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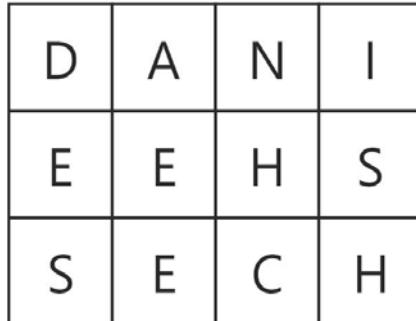
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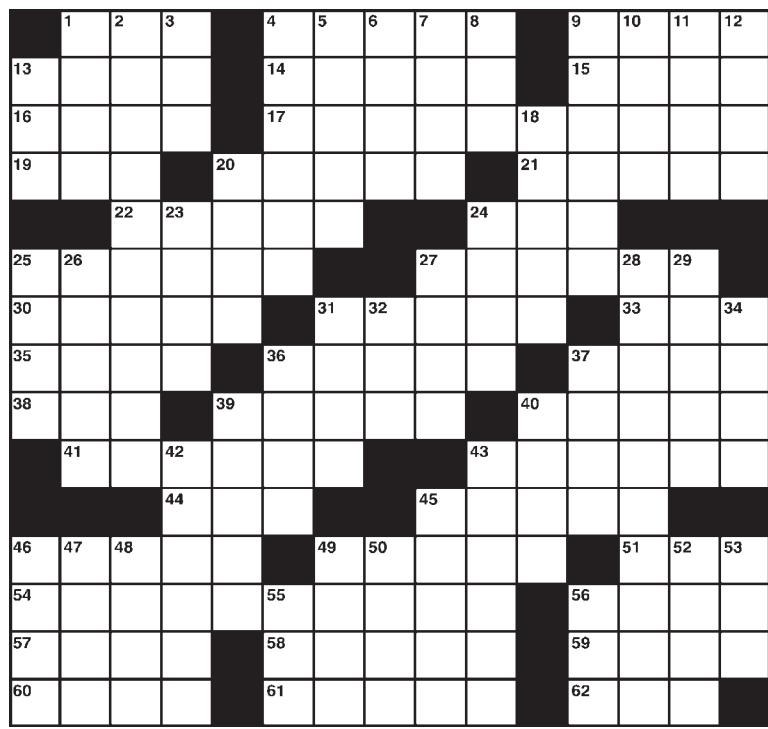


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P	S	I	V	E	N	T	A	R	E	N	A
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